

LITTLE WHITE HOUSE NEWSLETTER

APRIL 2015

Dakota Alano Society

3920 Rahn Road Eagan, MN 55122
651-452-2921 (during meeting times)

www.dakotaalano.org

24 Hour a day:

MPLS Intergroup Hotline: 952-922-0880

St. Paul Intergroup Hotline: 651-227-5502



The Dakota Alano Society, Inc was founded in 1978 to serve the needs of men and women who are recovering from the effects of alcohol and drug abuse. As an Alano society, the Dakota Alano provides space for Alcoholics Anonymous and Al-Anon meetings, and hosts at least one group every day of the week. If you are struggling with alcohol or drug addiction, or suffering because a loved one is addicted, please come find a meeting at our house, where you can find others who can help you on the road to recovery.

Do you have a drinking problem? A.A. wants to help if you want help.

Greater Minneapolis Intergroup and St. Paul Intergroup are 2 organizations available to help men and women who might have a drinking problem. They help new members find local meetings of Alcoholics Anonymous in the Twin Cities and surrounding the Suburban Areas. Phones are answered 24 hours a day.
Mpls Intergroup Hotline: 952-922-0880
Saint Paul Intergroup Hotline: 651-227-5502

I am Responsible.

***When Anyone, Anywhere Reaches Out For Help,
I Want The Hand Of A.A. Always To Be There.
And For That, I Am Responsible !***

UPCOMING MEETINGS

Sunday, April 12th, 6:00 p.m.

Take a meeting to Hastings Detox

Meet in the parking lot at 6:00 p.m.
to car pool to Hastings

Sunday, April 19th, 5:15 p.m.

Quarterly Squad Leader Meeting

Main room at the White House

The next quarterly Squad Leader Meeting will be held on April 19th at 5:15pm immediately preceding the April Board meeting.

Squad Leader attendance is strongly encouraged at this meeting. Squad Leaders are requested to find a replacement to attend the meeting if they are unable to be there.

Sunday, April 19th, 6:00 p.m.

April Board of Directors Meeting

Main room at the White House

Squad leaders are encouraged to attend
All members are welcome to attend

NEW SERVICE OPPORTUNITY

Take a meeting to Dakota County Jail

3rd Saturday of the month at 12:45 p.m.

Organized by the Saturday 6pm meeting

Format: Big Book, 12x12 or Your Story

2 people needed: 2 men or 1 man/1 woman

Must have 6 months of sobriety and can not have been incarcerated at this facility.

For information or to sign up for the next available meeting contact Sheryl S:

952-346-4809

sasaunders@live.com

MONTHLY HOUSE CLEANING

A Reminder to All Groups and Squad Leaders

Please be sure clean-up is done after every meeting. This includes washing out coffee pots, wiping down kitchen counters and tables in the main room and taking out the garbage. It is ultimately the Squad Leaders responsibility to make sure these tasks are completed.

In addition, each meeting group is responsible for a thorough cleaning of the White House during one assigned month of the year.

Upcoming Cleaning Schedule

April	Wed	7:00 a.m.
	Saturday	11:00 a.m.
May	Board of Directors	
June	Sunday	8:00 p.m.

Cleaning supplies are kept under the sinks in the kitchen and both bathrooms. The House has a vacuum cleaner, and additional cleaning equipment is stored in the front entry closet.

Monthly House Cleaning consists of:

- Vacuum all carpets:
upstairs, downstairs, and stairway
- Vacuum and/or shake out mats in kitchen, hallway and bathroom
- Vacuum & damp mop linoleum floor (with Swiffer mop in front entry closet)
- Clean both bathrooms
- Clean kitchen sink and counter tops
- Wash all coffee pots
- Wipe down all tabletops in all rooms

The Board and all members of the Dakota Alano Society appreciate each group's efforts to keep the White House clean. By pitching in to keep the house clean you are doing valuable service work, and maintaining a pleasant environment for our meetings. Thank You !!

SQUAD LEADER REMINDERS

! Check the Website !

Please check out the **Squad Leaders News** page @ **www.dakotaalano.org**

This page will be kept up to date with reminders, upcoming Squad Leader meetings and messages for you to relay to your group.

and Check Your Mailbox

Squad Leaders are requested to check their mail slots on a weekly basis for squad leader and Dakota Alano news. Mail slots are located in the kitchen on the wall between the bathroom and the side room, above the counter. Pre-printed donation envelopes are provided in the mail slots, along with flyers and any postal service mail for your meeting.



Squad Leader Guide

The Dakota Alano Society Group Leaders Guide is available on the DAS website.

The guide has 33 pages of information including:

Group Leader and Treasurer Responsibilities

Sample Meeting Agendas and Readings

Info and directions to Hasting Detox

Monthly Cleaning Schedule

And a **bunch** more stuff

So check it out!

www.dakotaalano.org



**Thank You to All Squad Leaders
and Treasurers
for Your Service Work !**

Recovery Meetings, Workshops & Events

Dakota Alano 6:00 pm Beginner's Meeting

There Is A Solution

Speaker Meeting every Saturday at 6 pm

☼ ☼ **1st Saturday of the month** ☼ ☼

Potluck at 5 pm

Speaker at 6 pm

Upcoming Schedule:

- 4/4 Potluck at 5 pm
Speaker at 6 pm - Marty
- 4/11 Speaker: TBD
- 4/18 Speaker: Tammy B, Dakota Alano
- 4/25 Speaker: Darin, Burnsville
- 5/2 Potluck at 5 pm
Speaker at 6 pm - Brandon, Fairbault

New Service Opportunity

Take a meeting to Dakota County Jail

Third Saturday of the Month

12:45 pm Arrival

1:00 - 2:00 pm Meeting

Format: Big Book, 12x12 or Your Story

2 people needed: 2 men or 1 man/1 woman

Must have 6 months of sobriety and can not have been incarcerated at this facility.

Organized by the Saturday 6 pm meeting.

For more information or to sign up for the next available meeting contact Sheryl S:

952-346-4809 sasaunders@live.com

☼ ☼ **New Meeting in Eagan** ☼ ☼

Wednesdays at 7:00 pm

Speaker Meeting

at the Eagan Community Center

The Original 4th Step Seminar

7 Mondays beginning April 6th

April 6th - May 18th 6:30 - 8:30 pm

A supportive, intense, emotionally engaging exploration of Steps 4-7, with an intro to Step 8.

Mayflower Church, Minneapolis

106 E. Diamond Lake Rd., Mpls 55419

More info contact:

Mike: 952-412-1077 George: 651-983-1515

Priscilla: 651-766-8375

www.aastpaul.org for flyer

Bloomington Alano

4th Step Workshop

6 Tuesdays beginning April 21st

April 21st - May 26th 7:00 - 8:30 pm

Bloomington Alano

2062 West 98th Street, Bloomington MN

More info, and to register, contact

Cathy S: 763-301-0343

Janice M: 651-341-2955

www.aastpaul.org for flyer

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St Paul Intergroup's Spring Fling!

Saturday April 18th 5:30 pm - Midnight

AA & AFG Speakers, Dinner and Dance

The Recovery Church

253 State Street, Saint Paul MN 55107

www.aastpaul.org for flyer

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Recovery Meetings, Workshops & Events

4th Annual **MNYPAA's Conference** *Reality is a Wild Ride*

Friday April 10th - Sunday April 12th

Holiday Inn St.Paul, 1-94 East

www.mnypaa.org



January 6th Group **Potluck & Open Speaker Meeting**

Sunday April 12th

5:30 pm Potluck Bring a Dish to Share

6:00 pm Speaker

Christa W - Hole in the Donut, Roseville

Roseville City Maintenance Building

www.aastpaul.org for flyer



21st Annual

Sunlight of the Spirit Weekend

Becoming a Part of the Common Solution

Friday April 17th - Sunday April 19th

Speakers, Meetings, Fellowship

Holiday Inn Fairmont, Fairmont MN

www.aastpaul.org for flyer and registration

Uptown House 40th Anniversary

Saturday April 25th 5:30 - 11:00 pm

Potluck Dinner, Speaker Panel, Dance

Entertainment with: The Swamp Hounds Band

Bring a Dish to Share

The Recovery Church

253 State Street, Saint Paul MN 55107

Info: 651-399-4498

nascarmike14@gmail.com

www.aastpaul.org for flyer

Lakers Annual Spring Banquet

In celebration of those with 1-2 years sobriety

Welcome Spring with Food, Fun & Fellowship

Saturday May 2nd 5:00 pm - Midnight

Social Hour: 5 - 6:00 pm

Dinner: 6 - 7:00 pm

Speakers: 7 - 8:30 pm

Dance: 9 pm - Midnight

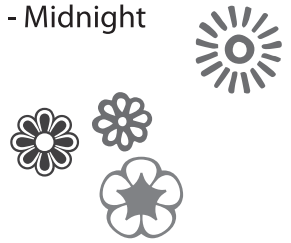
St. Patrick Social Hall

24425 Old Hwy 13 Blvd, Jordan MN 55352

Advanced purchase tickets only for Dinner,
Speaker and Dance: \$15/Adults, \$6/Children

Speaker and Dance only tickets available at
the Door: \$7/Adults, \$3/Children

Brian B: 651-775-5926



42nd Annual

Gopher State Roundup

The Courage to Change

Friday May 22nd - Sunday May 24th

Speakers, Meetings, Food, Fellowship

Doubletree Hotel, Bloomington MN

www.gopherstateroundup.org

(for more info see page 5 of this newsletter)



80th Annual Alcoholic Anonymous International Convention

80 Years - Happy, Joyous and Free

Thursday July 2nd - Sunday July 5th

Atlanta, Georgia

Georgia Dome, Georgia World Congress Center,
Centennial Olympic Park, local hotels

Coordinated by A.A. World Services, Inc.

Speakers, Meetings, Food, Fellowship, Dancing

www.aa.org - for all information



42nd Annual GOPHER STATE ROUNDUP

Friday, May 22nd - Sunday May 24th

"The Courage to Change"

A.A. with Al-Anon & Alateen Participation

Activities and Accommodations at
Doubletree by Hilton, Highway 100 & 494
Bloomington MN

So what's the big deal about Gopher State?

Gopher State is a huge A.A. conference (with Al-Anon and Alateen participation) that takes place every year over Memorial Dad weekend in Bloomington, MN. It is an occasion to share the fellowship and carry the message of A.A. Last year over 7900 recovering alcoholics, members of Al-Anon and Alateen, and their guests, got together at the Gopher State Roundup to celebrate recovery. Many AA groups, Alano Clubs and MN Intergroup organizations host Hospitality Suites during this event. The Dakota Alano Society can be found every year in Suite 205.

What is there to do at Gopher State? Why should I go?

Meetings: Room-to-Grow Call-Up Meetings
Alateen Meetings, Al-Anon Meetings
A.A. History Meeting

Speakers: 2 speakers Friday Night
5 speakers throughout the day on Sat.
Sunday 10 a.m. speaker

A.A. Archives Room

Visit Hospitality Suites for:
Fellowship, coffee, lots and lots of food!

Volunteer!
(go to gopherstateroundup.org for volunteer opportunities)

How much does it cost and how do I register?

Registration contribution is \$15 (ages 13 & older)
Pre-register online at gopherstateroundup.org
Pre-register by mail (see flyers on the table)
Register on site
(onsite registration begins at Noon on Friday)

info: www.gopherstateroundup.org



Get Involved in Gopher State 2015!!!

My fellow AA'ers of the Little White House,

We again embark on another beautiful spring and the beginnings of the nature cycle, which also brings us to what we in AA call Gopher State.

Gopher State is a AA sponsored event, May 22nd - 24th in Bloomington at the Doubletree Hotel. This event is operated and financed with the heart and sole of AA as a whole and the wonderful efforts of hundreds of volunteers within our Fellowship. The Dakota Alano Society (little white house) will again be sponsoring a Hospitality Suite at this event, as will 300 or more other AA host groups throughout the state.

I hold this Round Up and its efforts very near and dear to my heart, as it was just 20 years ago that a soft hearted Judge gave me a 36 hour furlough from a state correctional faculty to attend this event in 1995. I've not had a drink since, and cherish the call I make to him each year during this event to thank him for saving me. I invite you to come join me and thousands of others on this 2 day journey of fellowship, food, and laughter, and I hope that this will give you what has been given so freely to me.

In April and May I'll be setting out volunteer information as well as donation requests to help finance this year's costs of food, decoration and supplies needed to host our suite.

The cost of attending this event is \$15.00 but I'll pledge to cover the costs of those who can't afford to attend in exchange for 5 hours of volunteer services in our Suite 205 during this grand event. I look forward to chairing this year's event and having the opportunity to work with the Fellowship of the Little White House, as well as the rewards of being in the heart of AA.

Yours in service,
Brad C.

STEP FOUR

Made a searching and fearless moral inventory of ourselves.

TRADITION FOUR

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

Tradition Four - The Long Form

With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount.

**The Principle of Step Four
COURAGE**

There are two 4th Step Workshops beginning in April:

The Original 4th Step Seminar

7 Mondays beginning April 6th
April 6th - May 18th 6:30 - 8:30 pm

A supportive, intense, emotionally engaging exploration of Steps 4-7, with an intro to Step 8.

Bloomington Alano 4th Step Workshop

6 Tuesdays beginning April 21st
April 21st - May 26th 7:00 - 8:30 pm

For workshop details see page 3 of this newsletter.

DAS April Pledge Drive

Each year the Dakota Alano Society holds it's annual Pledge Drive. This year the Pledge Drive will take place in April. Board members will be visiting meetings to talk about the Pledge Drive.

A Pledge is a donation from an individual member to the Dakota Alano Society. Pledges can be made as a regular monthly donation or as a one-time donation.

A Pledge is different from 7th Tradition donations to the basket. Money donated by an AA meeting from the basket is a contribution from that specific meeting to the House. Those funds contribute to that meeting's portion of rent, utilities, and supplies - whereas a Pledge is a set contribution from an individual member to the Dakota Alano Society.

An individual would only make a Pledge to the Dakota Alano Society if he or she wishes to donate above and beyond what they put in the basket each week. Pledging members receive a receipt for their donations so those funds may be counted as charitable contributions on the member's tax return. For some members this is an important benefit of Pledging.

Making a Pledge contribution is entirely voluntary and provides the White House with an additional source of income beyond contributions from the basket. While meeting donations are used primarily for basic operating expenses, Pledge donations may be used for larger expenditures like repairs, improvements or maintenance issues that arise.

Pledge forms will be available at meetings in April. There is a list of FAQs on the back of the pledge form. If you have any additional questions, do not hesitate to contact a board member or attend the April Board Meeting on 4/19 at 6 p.m.

